

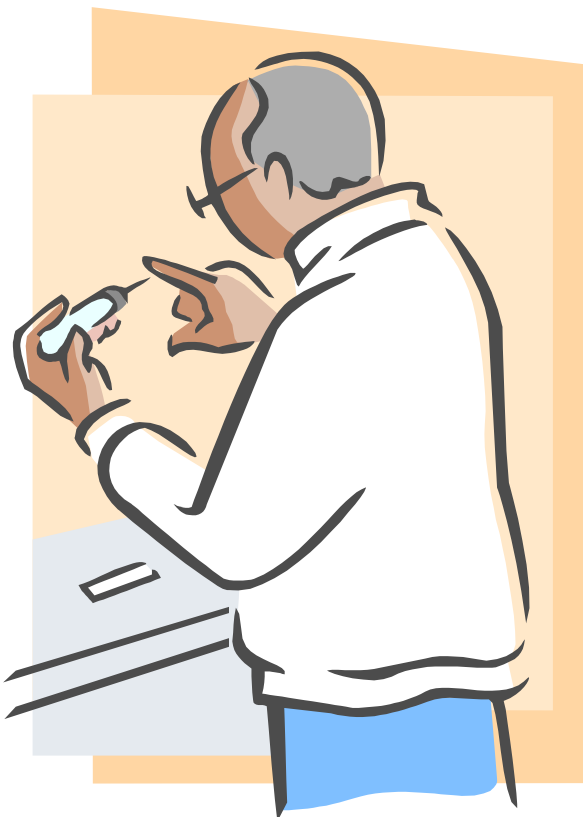
Take Charge of Your Diabetes



Thursdays, Jan 23 to Feb 27, 2014
5:00 pm to 7:00 pm
CD Stamps Community Center

Free six-week workshop to help you become an active self-manager of your diabetes. You must be able to commit to attending at least 4 of the 6 classes. All materials provided.

For more information and to register, call Merrill at 461-1080. Presented by Get Fit! Tullahoma, Tullahoma Parks and Recreation, Partners for Healing and UT Extension.



Merrill Meadows 931.461.1080
mmeadows@tullahomatn.gov



[Facebook.com/tullahomatn](https://www.facebook.com/tullahomatn)



[@cityoftullahoma](https://twitter.com/cityoftullahoma)